

I CLAIM

1. A method for making pancakes or waffles, said method comprising the steps of
 - mixing flour and water that is substantially chlorine free with a sourdough starter to produce a sponge,
 - storing the sponge for several hours, preferably loosely covered, at a temperature of about 90 degrees F,
 - re-mixing the sponge,
 - storing the remixed sponge for about one or two days, preferably loosely covered, at a temperature of about 90 degrees F,
 - mixing the sponge with eggs or another protein, sugar or another sweetener and salt or a salt substitute to produce a batter pre-mix,
 - storing the batter pre-mix by refrigerating or freezing the batter pre-mix,
 - adding baking soda or other chemical leavening ingredient, preferably pre-mixed with a little water, to the batter pre-mix to produce a batter, and
 - making waffles or pancakes from the batter.
2. The method claimed in claim 1 which further includes the step of mixing additional flour and water with the stored, re-mixed sponge and re-storing it for an additional day or two, loosely covered, at a temperature of about 90 degrees F.
3. A method for making sourdough pancakes or waffles, said method comprising the steps of
 - producing a highly active, unleavened pre-mix,

storing and refrigerating the pre-mix,
removing a portion of the pre-mix from storage,
adding an effective amount of baking soda or other chemical leavening ingredient to the
removed portion of pre-mix to produce a batter, and
making waffles or pancakes from the batter.

4. A method for making sourdough pancakes or waffle batter, said method comprising the
steps of

mixing flour and water that is substantially chlorine free with a sourdough starter
to produce a sponge,

storing the sponge for several hours, preferably loosely covered, at a temperature
of about 90 degrees F,

re-mixing the sponge,

storing the remixed sponge for about one or two days, preferably loosely covered,
at a temperature of about 90 degrees F,

mixing additional flour and water with the stored, re-mixed sponge and re-storing
it for an additional day or two, loosely covered, at a temperature of about 90 degrees F

mixing the sponge with eggs or another protein, sugar or another sweetener and
salt or a salt substitute to produce a batter pre-mix, and

adding baking soda or other chemical leavening ingredient, preferably pre-mixed
with a little water, to the batter pre-mix to produce a batter.

5. The method claimed in claim 4 which includes the additional step of storing the batter pre-mix by refrigerating or freezing the batter pre-mix, before adding the chemical leavening ingredient.

6. The method claimed in claim 4 wherein the chemical leavening ingredient is baking soda.

7. The method claimed in claim 5 wherein the chemical leavening ingredient is baking soda.